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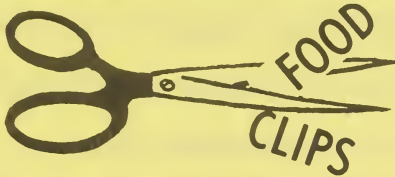
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# Food and Home Notes

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Remember -- vitamin C is more easily destroyed than other food values, conservation of vitamin C is often used as an index to the retention of other nutrients.

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How do you conserve food values? Trim, store, and cook vegetables with care. One example is to keep in mind that the core of the cabbage, as well as the leaves, is high in vitamin C, according to U.S. Department of Agriculture home economists.

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If you're looking for something different for company -- why not stuff a breast of lamb or veal; pork chops, shoulder of veal, lamb, or pork; lamb or pork crown roasts, spareribs, and tenderloins.

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Don't forget the old rule of thumb--generally speaking, if there is less than a 7 cent price spread per dozen eggs between one size and the next smaller size in the same grade, your best buy is the larger size.

## COTTON AND OTHER FIBERS — and USDA Research

Men were almost twice as likely to associate cotton and wool with men's apparel as they were with polyester and nylon according to a survey conducted by the Statistical Reporting Service of the U.S. Department of Agriculture. The nationwide sample survey was made with men aged 18-65. The report was based on 2,001 completed interviews.

Focus of the study are dress shirts, light-weight sport shirts and slacks and undershorts. Wives and mothers were the usual purchasers of dress shirts for almost half of the men interviewed. The better educated and more affluent males were more conscious of manmade fibers than those who were less educated and less affluent.

Compared with 100 percent synthetic fiber, 100 percent cotton fiber was more likely to be associated favorably with comfort on the skin and moisture absorption and less likely to be associated favorably with wrinkle resistance and ironing.

## IT'S THE NUTRITIVE VALUE THAT COUNTS!

Different practices of handling and preparation can alter the condition of your food before it is consumed. Careless handling or improper preparation can rob your family of the nutritive values you think you are providing. The answer is try to conserve those values -- right from the start.

Food values and flavor may be conserved in vegetables simply by trimming, storing and cooking vegetables with care according to U.S. Department of Agriculture researchers. Fresh vegetables usually need some trimming, peeling or scraping before they are cooked or served to remove damaged leaves, bruised spots, skins and inedible parts. But, did you know that the leafy parts of collard greens, turnip greens, and kale have much more vitamin A value than the stems or midribs? That the core of the cabbage, as well as the leaves, is high in vitamin C?

Carrots, sweetpotatoes, potatoes and other roots and tubers retain their most important food values reasonably well if they are kept cool and moist enough to prevent withering. Have you ever noticed that tomatoes become soft and watery and subject to decay if ripened in the refrigerator? They need bright sun at temperatures from 60° to 75°.

In cooking vegetables it is best to remember that they should be cooked just until tender in just enough water to prevent scorching. Cover the pan to prevent the escape of steam and vapor -- vegetables will cook quickly in a small amount of water. Did you know that if you use a large amount of water in cooking cabbage -- for instance, four times as much water as cabbage -- the retention of vitamin C drops to less than 50 percent?

If you boil root and tuber vegetables in their skins—they will retain practically all of their vitamin C, thiamin, and other nutrients. Baking is also a good way, and so is steaming under pressure. The practice of holding and reheating vegetables causes additional losses of nutrients, particularly of vitamin C.



## NORTH TO ALASKA

### —With Extension Service

Mrs. Jean Burand, Nutrition Program Coordinator in Fairbanks, Alaska, has a record of fourteen years of service to Alaskans. She has helped to improve their nutrition, saved them money, helped them to start businesses, and worked directly with the people for the Cooperative Extension Service from the southeast fishing villages to the western Arctic settlements.

Not many extension agents have the opportunity to know how to can walrus, fish, moose, and caribou -- nor how to smoke fish. In most of the 50 states the questions don't even come up -- but in Alaska it is a part of everyday homemaking.

Mrs. Burand has taught sewing and reading by using simple clothing patterns and a hand-turned sewing machine.

Canning and preserving wild game and fish and utilizing other foods available in their area such as wild berries all contribute to the projects towards "living better" which the Extension agent promoted. Another project she started was teaching Alaska's urban population how to use wild game -- an excellent local source of food.

Alaskan villagers were also taught how to use the right canning equipment including pressure cookers. In Nome, Mrs. Burand's upholstery workshop helped encourage an Eskimo to become a professional upholsterer and set up his own business. She prepared home furnishing teaching kits and showed how to improve home storage and to make small homes more livable.

The extension agent also was a major influence on the content of a new film, called "Alaska's Food Choices," which is almost ready to be released. It concerns the changes from native to urban food sources.

## NORTH TO ALASKA (continued)

Over the years Mrs. Burand's active leadership with the Tanana Valley State Fair Association has added to the impact of the educational process for youth and oldsters alike and to the financial stability of this big project. Two of her most important projects have been in the communications field on how to use Food Stamps and how to communicate with handbooks, flip-charts, and other media-type materials. Her State Nutrition Committee Position paper on "Nutrition in Alaska" has been a valuable contribution to understanding the unique nutritional problems encountered in Alaska.

Publications she especially prepared for Alaskan homemakers, called "Game is Good Food" and "Wild Berry Recipes," were distributed in addition to the monthly leaflet called "Eat Well, Live Well," a periodic information sheet on foods in plentiful supply and at low prices. More than 10,000 copies of this are distributed monthly.

This is all part of the continuing state programs of Alaska in cooperation with the Extension Service of the U.S. Department of Agriculture.

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